



encompass
—Community Supports—

Formerly Known As – Rappahannock-Rapidan Community Services

The S.E.E. Recovery Center

Support, Encourage, Empower

710 U.S. Ave, Culpeper, VA 22701

540-825-3366

SEERecovery@ecsva.org

Encompass Community Supports does not discriminate on the basis of race, color, national origin, sex, religion, age, disability, sexual orientation, gender identity, or any other characteristic protected by law, in employment matters and in its programs and services.



The S.E.E. Recovery Center

Encompass Community Supports is providing immediate access to recovery services and enhancing the continuum of care to our community with the S.E.E. (Support, Encourage, Empower) Recovery Center in the heart of Culpeper, Virginia.

The concept of the Support Encourage Empower or S.E.E. Recovery Center stems from Thomas Pratt, Certified Peer Recovery Specialist, DBHDS Certified Trainer, Navy Veteran, developer of the Veteran X Peer led Mental Health Recovery program, and Orange County Resident. During Tom's trainings, he inspires future Peer Recovery Specialists with the idea that peers can SEE others recovery through support, encouragement, and empowering individuals on their path to discover, maintain, and strengthen their recovery.

The S.E.E. Recovery Center offers an array of recovery-oriented groups, meetings, and the opportunity to speak with someone about mental health or substance use recovery. A staff member will be available from 8 am to 9 pm Monday through Friday to assist with attending appropriate groups or other services. First Responders, Law Enforcement, and Emergency Department Personnel; please call (540) 617-0774 or (540) 825-5656 Option 7 to arrange connection with services at the S.E.E. Recovery Center. The S.E.E. Recovery Center is open to all in need of recovery services in the area.

Current Hours:

Monday – Friday: 8:00am to 10:00pm

Saturday: 9:30am to 3:30pm

Sunday: 4:30pm to 8:30pm

We welcome all community members to come to the S.E.E. to learn and grow in recovery from all of life's challenges and to connect with others to create a community of wellness!

Our May schedule of services and events is attached.

To be added to our schedule distribution list please send an e-mail to SEERecovery@ecsva.org with the subject – SEE Distribution List Request.



SEE Recovery Center

April 27 – May 3

Saturday, April 27 Sunday, April 28			Monday, April 29		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
SATURDAY			9:30a	Coffee and Conversation	Encouragement Café
1:00p	Yoga	Living Room	11:00a	The Courage to Change	Empowerment Area
			12:00p	When Anxiety Hits	Recovery Zone
			1:00p	Seeking Safety	Empowerment Area
SUNDAY			2:00p	Audio Visual Entrainment	Awakening Room
7:00p	Back to Basics AA	Support Space	5:00p	MARA	Empowerment Area
			7:00p	Common Ground AA	Support Space
Tuesday, April 30			Wednesday, May 1		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Café	9:30a	Coffee and Conversation	Encouragement Café
12:00p	Shenanigans at the S.E.E.	Recovery Zone	10:30a	Anger Management	Recovery Zone
2:00p	Progressive Relaxation	Recovery Zone	1:00p	Afternoon Affirmations	Awakening Room
6:00p	Healing Minds	Encouragement Cafe	2:00p	Journaling	Empowerment Area
6:30p	SMART Recovery	Empowerment Area	6:00p	We Care (Family Support)	Empowerment Area
			7:00p	Alive & Free NA	Living Room
Thursday, May 2			Friday, May 3		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Cafe	9:30a	Coffee and Conversation	Encouragement Café
10:30a	Interpersonal Skills	Empowerment Area	12:00p	Shenanigans at the S.E.E.	Support Area
1:30p	Coping with Gaslighting	Recovery Zone	1:00p	Breakthroughs Cruise	Meet at the S.E.E.
3:30p	Substance Use Education Series	Empowerment Area	2:30p	MORE	Recovery Zone
4:00p	POUND Fitness	Support Space	4:00p	Open Cornhole and Darts Practice	Support Space
5:00p	Social Safety and Support	Recovery Zone	7:00p	Alive & Free NA	Support Space
6:00p	Celebrate Recovery	Recovery Zone			

SEE Recovery Center

May 4 – May 10

Saturday, May 4 Sunday, May 5			Monday, May 6		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
	SATURDAY		9:30a	Coffee and Conversation	Encouragement Café
1:00p	Yoga	Living Room	11:00a	The Courage to Change	Empowerment Area
			12:00p	When Anxiety Hits	Recovery Zone
			1:00p	Seeking Safety	Empowerment Area
	SUNDAY		2:00p	Audio Visual Entrainment	Awakening Room
7:00p	Back to Basics AA	Support Space	5:00p	MARA	Empowerment Area
			7:00p	Common Ground AA	Support Space
Tuesday, May 7			Wednesday, May 8		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Café	9:30a	Coffee and Conversation	Encouragement Café
11:00a	Shenanigans at the S.E.E.	Recovery Zone	10:30a	Anger Management	Recovery Zone
1:00p	Progressive Relaxation	Recovery Zone	1:00p	Afternoon Affirmations	Awakening Room
5:00p	Coping with Gaslighting	Recovery Zone	2:00p	Journaling	Empowerment Area
6:00p	Healing Minds	Encouragement Cafe	6:00p	We Care (Family Support)	Empowerment Area
6:30p	SMART Recovery	Empowerment Area	6:30p	Pride Support Group	Empowerment Area
			7:00p	Alive & Free NA	Living Room
Thursday, May 9			Friday, May 10		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Cafe	9:30a	Coffee and Conversation	Encouragement Café
10:30a	Hygiene and Self-Care	Empowerment Area	12:00p	Shenanigans at the S.E.E.	Support Area
1:30p	Coping with Gaslighting	Recovery Zone	1:00p	Breakthroughs Cruise	Meet at the S.E.E.
3:30p	Substance Use Education Series	Empowerment Area	1:00p	AcuDetox	Wellness Area
4:00p	POUND Fitness	Support Space	2:30p	MORE	Recovery Zone
5:00p	Social Safety and Support	Recovery Zone	4:00p	Open Cornhole and Darts Practice	Support Space
6:00p	Celebrate Recovery	Recovery Zone	7:00p	Alive & Free NA	Support Space

SEE Recovery Center

May 11 – May 17

Saturday, May 11
Sunday, May 12

Monday, May 13

TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
SATURDAY			9:30a	Coffee and Conversation	Encouragement Café
1:00p	Yoga	Living Room	11:00a	The Courage to Change	Empowerment Area
			12:00p	When Anxiety Hits	Recovery Zone
			1:00p	Seeking Safety	Empowerment Area
SUNDAY			2:00p	Audio Visual Entrainment	Awakening Room
7:00p	Back to Basics AA	Living Room	5:00p	MARA	Empowerment Area
			7:00p	Common Ground AA	Support Space

Tuesday, May 14

Wednesday, May 15– Veteran's Resources

TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Café	9a-4p	Veteran Resource Connection	Meeting Room A
11:00a	Shenanigans at the S.E.E.	Recovery Zone	9:30a	Coffee and Conversation	Encouragement Café
1:00p	Progressive Relaxation	Recovery Zone	10:30a	Anger Management	Recovery Zone
5:00p	Coping with Gaslighting	Recovery Zone	11:00a	Art Day	Creativity Commons
6:00p	Healing Minds	Encouragement Cafe	12:00p	Living In Balance	Empowerment Area
6:30p	SMART Recovery	Empowerment Area	1:00p	Afternoon Affirmations	Awakening Room
7:00p	Music for Recovery	Recovery Zone	2:00p	Journaling	Empowerment Area
			6:00p	We Care (Family Support)	Recovery Zone
			6:00p	Hearing Voices Network	Empowerment Area

Thursday, May 16

Friday, May 17

TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Cafe	9:30a	Coffee and Conversation	Encouragement Café
10:30a	Hygiene and Self-Care	Empowerment Area	11a-1p	Friday FUNday at the S.E.E.	Support Area
1:30p	Coping with Gaslighting	Recovery Zone	1:00p	Breakthroughs Cruise	Meet at the S.E.E.
3:30p	Substance Use Education Series	Empowerment Area	2:30p	MORE	Recovery Zone
4:00p	POUND Fitness	Empowerment Area	4:00p	Open Cornhole and Darts Practice	Support Space
5:00p	Social Safety and Support	Recovery Zone	7:00p	Alive & Free NA	Support Space
6:00p	Celebrate Recovery	Recovery Zone			

SEE Recovery Center

May 18 – May 24

Saturday, May 18 Sunday, May 19			Monday, May 20		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
	SATURDAY		9:30a	Coffee and Conversation	Encouragement Café
1:00p	Yoga	Living Room	11:00a	The Courage to Change	Empowerment Area
			12:00p	When Anxiety Hits	Recovery Zone
	SUNDAY		1:00p	Seeking Safety	Empowerment Area
12:00p	Rainbow Closet	Support Space	2:00p	Audio Visual Entrainment	Awakening Room
1:00p	Safe Zone Training	Recovery Zone	5:00p	MARA	Empowerment Area
7:00p	Back to Basics AA	Living Room	7:00p	Common Ground AA	Support Space
Tuesday, May 21			Wednesday, May 22		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Café		Wellness Hikes ??	Outside the SEE
11:00a	Shenanigans at the S.E.E.	Recovery Zone	9:30a	Coffee and Conversation	Encouragement Café
1:00p	Progressive Relaxation	Recovery Zone	10:30a	Anger Management	Recovery Zone
5:00p	Coping with Gaslighting	Recovery Zone	1:00p	Afternoon Affirmations	Awakening Room
6:00p	Healing Minds	Encouragement Cafe	2:00p	Journaling	Empowerment Area
6:30p	SMART Recovery	Empowerment Area	6:00p	We Care (Families)	Empowerment Area
			6:30p	Pride Support Group	Empowerment Area
			7:00p	Alive & Free NA	Living Room
Thursday, May 23			Friday, May 24		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Café	9:30a	Coffee and Conversation	Encouragement Café
10:30a	Hygiene and Self-Care	Empowerment Area	12:00p	Shenanigans at the S.E.E.	Support Area
12:00p	Afternoon Affirmations	Awakening Room	1:00p	Breakthroughs Cruise	Meet at the S.E.E.
1:30p	Coping with Gaslighting	Recovery Zone	1:00p	AcuDetox	Wellness Area
3:30p	Substance Use Education Series	Empowerment Area	2:30p	MORE	Recovery Zone
4:00p	POUND Fitness	Support Space	4:00p	Open Cornhole and Darts Practice	Support Space
5:00p	Social Safety and Support	Recovery Zone	7:00p	Alive & Free NA	Support Space
6:00p	Celebrate Recovery	Recovery Zone			

SEE Recovery Center

May 25 – May 31

Saturday, May 25 Sunday, May 26			Monday, May 27		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
SATURDAY			Holiday Hours		
			12pm-8pm		
			5:00p	MARA	Empowerment Area
			7:00p	Common Ground AA	Support Space
SUNDAY					
7:00p	Back to Basics AA	Living Room			
Tuesday, May 28			Wednesday, May 29		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9a-3p	Developmental Screenings	Meeting Room A	9:30a	Coffee and Conversation	Encouragement Café
9:30a	Coffee and Conversation	Encouragement Café	10:30a	Anger Management	Recovery Zone
11:00a	Shenanigans at the S.E.E.	Recovery Zone	1:00p	Afternoon Affirmations	Awakening Room
1:00p	Progressive Relaxation	Recovery Zone	2:00p	Journaling	Empowerment Area
5:00p	Coping with Gaslighting	Recovery Zone	6:00p	We Care (Families)	Empowerment Area
6:00p	Healing Minds	Encouragement Cafe	7:00p	Alive & Free NA	Living Room
6:30p	SMART Recovery	Empowerment Area			
7:00p	Music for Recovery	Recovery Zone			
Thursday, May 30			Friday, May 31		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Café	9:30a	Coffee and Conversation	Encouragement Café
10:30a	Hygiene and Self-Care	Empowerment Area	12:00p	Shenanigans at the S.E.E.	Support Area
12:00p	Afternoon Affirmations	Awakening Room	1:00p	Breakthroughs Cruise	Meet at the S.E.E.
1:30p	Coping with Gaslighting	Recovery Zone	2:30p	MORE	Recovery Zone
3:30p	Substance Use Education Series	Empowerment Area	4:00p	Open Cornhole and Darts Practice	Support Space
4:00p	POUND Fitness	Support Space	7:00p	Alive & Free NA	Support Space
5:00p	Social Safety and Support	Recovery Zone			
6:00p	Celebrate Recovery	Recovery Zone			
7:00p	Hope & Serenity-Al-Anon	Encouragement Café			



The S.E.E. Recovery Center

Support, Encourage, Empower

Contact and Access Information:

First Responders, Law Enforcement, and Emergency Department Personnel

Please call (540) 718-4238; to arrange connection with services at the S.E.E. Recovery Center.

The S.E.E. Recovery Center

710 U.S. Avenue

Culpeper, VA 22701

*Please take the right fork after the railroad tracks and proceed to the lower parking area.

(540) 825-3366

SEERecovery@ecsva.org

Robyn Hantelman Director of Treatment and Recovery Services

(540) 423-7796 rhantelman@ecsva.org

Patrice Jackson Manager of Recovery Services

(540) 717-3407 pjackson@ecsva.org

Gaelen Edwards Community Based Peer Recovery Specialist Supervisor

(540) 718-4076 gedwards@ecsva.org



Class/Group Descriptions

Class/Group	Description
AcuDetox	AcuDetox is auricular (ear) acupuncture sessions offered in accordance with the NADA Protocol. The treatments involve placing five, thin, sterile, single use needles in each ear for 30-45 minutes while participants relax quietly in a seated position. Designed to increase overall wellness and decrease stress levels as well as cravings for unhealthy substances. AcuDetox is performed by a trained professional and is intended as an adjunct tool used alongside traditional group/individual services. For more information, please go to: https://acudetox.com ."
Audio Visual Entrainment	Audio-Visual Entrainment (AVE) is a technique that uses pulses of light and sound at specific frequencies to gently and safely guide the brain into various brainwave patterns. By altering your brainwave frequencies, you can boost your mood, improve sleep patterns, sharpen your mind, and increase relaxation levels, all with the simple push of a button!
Al-Anon	Al-Anon's purpose is to help families and friends of those suffering in addiction. It is a place where we can come together to find help and support in dealing with the effects it has on family and friends.
Afternoon Affirmations	Positive statements that affirm something to be true. Sometimes having a little pick-me-up or a reset for the day can help with moving your thinking in a positive direction. This group will teach you how to reframe negative thinking into positive strength-based language.
Alive & Free – NA	Open Narcotics Anonymous meeting which allows families, prospective participants, and other members of the community to be present during the gathering.
* Anger Management	Anger Management for Mental Health and Substance Use is a 12-week cognitive-behavioral anger management group treatment model. The content includes specific instructions and suggested remarks for groups leaders, and exercises for group members. *Meets Legal Requirements
Art Day	Come enjoy a day of arts and crafts in a sober, safe, and social environment. Activities include paint days, tie dye activities, and much more!
Back to Basics – AA	Open meeting that deals with the basics of Alcoholics Anonymous are: Stop drinking/drugging, go to meetings, get a sponsor, work the steps, help another alcoholic.
Breakthroughs Cruise	Let's take a ride, let out and let go of the past week, a time to socialize at the library and or local parks
Celebrate Recovery	Celebrate Recovery Is a Christ-Centered, 12 Step Recovery Program for Anyone Struggling with Hurts, Hang-Ups and Habits of Any Kind. Celebrate Recovery is a safe place to find community and freedom from issues that are controlling our life.
Coffee and Conversation	An opportunity for those in recovery to meet and expand their recovery network. Members of the community in recovery that want to connect with others in recovery in an open and welcoming environment are welcome to come!
Common Ground – AA	Open Topic meeting. Anyone present can speak for as long as they like, and there are no rules governing turn-taking, topic adherence, or other constraints on the discussion.
Coping with Gaslighting	Gaslighting is a form of psychological and emotional abuse that causes victims to question their reality, judgement, self-perception and in extreme circumstances, their sanity. Gaslighting can have a ripple effect across your life. This class will help you begin the journey to recovery by helping you identify and understand the effects of gaslighting in your life.
Developmental Screenings	Infant and Toddler Connection staff will be conducting free developmental screenings for children between the ages of birth to 3 years old. These screenings help to catch any developmental delays that are appearing early in the child's life. We will have staff on site to receive and process any referrals should a screening reveal developmental delays.

<p>Friday FUNday at the S.E.E. Center</p>	<p>Every 3rd Friday from 11:00AM to 1:00PM, we will have a video gaming truck in the parking lot at the S.E.E. Recovery Center. Come out and play lots of exciting, action-packed, old school arcade games such as Pac-Man and auto racing games, among others.</p>
<p>Gatekeeper Training</p>	<p>Just like CPR, QPR (Question, Persuade, Refer) is an emergency response to someone in crisis and can save lives. As part of the Zero Suicide Initiative Rappahannock Rapidan Community Services will be offering monthly QPR Gatekeeper Training to all community members at no cost. The goal of the Gatekeeper training is to reduce suicidal behaviors and save lives by providing innovative, practical, and proven suicide prevention training.</p>
<p>Healing Minds</p>	<p>A support group for people living with Mental Health issues that focuses on coping skills and group support.</p>
<p>*Healing Trauma for Women</p>	<p>Healing Trauma is a brief six session intervention group design to address the unique challenges that women and gender-diverse people with trauma face in a way that is both sensitive and understanding. Session 1: Welcome and Introduction to the Subject of Trauma, Session 2: Power and Abuse, Session 3: The Process of Trauma and Self-Care, Session 4: The ACE Questionnaire and Anger, Session 5: Healthy Relationships and Session 6: Love, Endings, and Certificates. <i>(ON HIATUS)</i></p>
<p>Hearing Voices Network</p>	<p>Once a month, this peer lead, focused group meets to discuss and destigmatize auditory experiences, hallucinations, intrusive thoughts, and voices. This is a safe place to discuss how these voices help shape our experiences and daily life.</p>
<p>Hygiene and Self-Care</p>	<p>Understanding and practicing daily living skills can be crucial to the success of participants making significant life transitions. This group teaches individuals important hygiene and self-care practices to help them maintain physical health, promote self-confidence, and make a positive impression on others.</p>
<p>Journaling</p>	<p>Looking for a reason to start journaling? Try these: relieves depression and anxiety symptoms, boosts immune function, assists with post-traumatic stress disorders, helps foster gratitude, enhances learning and critical thinking skills. Participants will try examples of many different journaling styles to determine the format that works best for them</p>
<p>MARA</p>	<p>Medication-Assisted Recovery Anonymous... For ANYONE with a desire to live a safe lifestyle TODAY! Many who utilize evidence-based science for recovery may feel judged at traditional recovery meetings. Join us for MARA Music, Mindfulness, and More where we welcome all with the desire to live safely and <i>Nonjudgment is Our Code!</i></p>
<p>MORE</p>	<p>My Ongoing Recovery Experience (MORE) is an evidence-based online program to support program participants in the critical months after treatment and move them toward effective self-management. This group uses core education, guidance, and skill-building activities to help participants succeed in initiating and sustaining recovery. This is a three series program that will help to build a stable lifestyle to support recovery, make a daily habit of implementing practices and skills that support recovery. The group offers deeper guidance on putting recovery principles into action and seeing the work pay off in significant personal growth.</p>
<p>Music for Recovery</p>	<p>An interactive process of appreciating and creating music to support recovery. Each session will be focused on creating songs and having participants record music.</p>
<p>POUND Fitness</p>	<p>Channel your inner Rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable, and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.</p>
<p>PRIDE Support Group</p>	<p>New support group starting for individuals that identify as a sexual/gender minority or an ally. As this is a new group, the direction of the group will be determined by its participants.</p>
<p>Progressive Relaxation Techniques</p>	<p>Want to learn total body relaxation and become more aware of physical sensations. Come join the progressive relaxation techniques group where you will start by tensing and relaxing the muscles in your toes and progressively working your way up to your neck and head.</p>
<p>Safe Zone Training</p>	<p>Safe Zone is a training to provide awareness and understanding of diverse sexuality and genders so that individuals can provide a more positive environment for this population.</p>

Seeking Safety	Seeking Safety is designed for women only with co-occurring PTSD and substance use. This group helps individuals discontinue substance use, letting go of dangerous relationships, and gaining control over extreme symptoms as dissociation and self-harm. Each topic provides highly practical tools and techniques to engage patients in treatments; teach “safe coping skills” that apply to both disorders; and restore ideals that have been lost, including respect, care, protection, and healing. Available in Spanish.
Shenanigans at the S.E.E.	An afternoon of fun and games. Connect with others in recovery while playing cornhole, ping pong, foosball, darts, and board games.
SMART Recovery	Self-management and Recovery Training is a 4-point program that offers specific tools and techniques for each point. People using SMART learn tools and techniques for self-directed change and move towards satisfying lives.
Social Safety and Support	Leaving treatment, incarceration, school, a career path or the isolation of trauma can often leave individuals feeling lost in every day social experiences. How do we create the safety within when things seem unsafe? In this group we share our challenges and coping strategies, support each other with storytelling, and end with a mindfulness exercise
Substance Use Education Series	The <i>What You Need To Know</i> series provides education surrounding addictive substances, prevention, and use. The series includes an overview of opioids, meth, nicotine, cannabis, alcohol, cocaine, club drugs, inhalants, and hallucinogens. Each session includes a video that covers different aspects of the substance and its use, a discussion surrounding prevention and use, highlighting facts, and dispelling myths about substances and their use. *Meets Legal Requirements
The Courage to Change	The Courage to Change Interactive Journaling® System is an evidence-based through the use of this cognitive-behavioral Interactive with their facilitator and participants to address their individual problem. This is interactive journal series personalizes the information presented in the Journals to their own circumstances, participants will develop a record of their commitments and progress throughout course and a roadmap to success in their efforts to make positive behavior change. Available in Spanish.
Veterans Housing Assistance	A representative from the Supportive Services for Veteran Families program of Volunteers of America Chesapeake and Carolinas will be available to screen veterans and their families for housing assistance. They provide rapid rehousing for homeless veterans and homelessness prevention support for eligible veterans and their families.
Veterans Resources	Resource Specialists and Veteran Service Officers will be available from the Virginia Department of Veteran Services and the American Legion to assist Veterans and their Families in accessing resources, services, and programs through local, state, and federal organizations.
When Anxiety Hits	This group will help you identify and address symptoms of mild to moderate anxiety and ways to manage it. Group instruction will include topics like mindfulness, progressive muscle relaxation, healthy sleep, and time management techniques.
We Care	A Family Support group for families and caretakers of someone living with mental health challenges.
Yoga	Free yoga for EVERY BODY! This class is for every level of yoga with modifications offered and new movements explored. Come get mindful and add movement to your day!

Groups with an * are facilitated by a QMHP; an ** denotes a closed group.